



Monday		Tuesday		Wednesday		Thursday		Friday		<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"><li>- Choice of Whole Grain</li><li>- Choice of Protein</li><li>- Choice of Vegetable</li><li>- Choice of Fruit</li><li>- Choice of Milk</li></ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free chocolate</p> <div>Daily Alternates</div> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches &amp; Wraps Weekly Pizza Specials PB&amp;J</p>
<div>bravo!</div>										
29		30		31		1 Happy New Year!		2		
<div>bravo!</div>										
5  Cheeseburger Tater Tot Casserole  Chicken Quesadilla <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots		6  Toasted Cheese  Cheeseburger  <b>FEATURED VEGGIES</b> Tomato Soup Strawberry Spinach Salad		7  Pizza Casserole with Breadstick  Sloppy Joe <b>FEATURED VEGGIES</b> Steamed Green Beans Side Salad		8  Hot Ham & Cheese on a Pretzel Roll  Taco Wrap <b>FEATURED VEGGIES</b> Sidewinder Fries Tomato Mozzarella Salad		9  Buffalo Chicken Dip with Tortilla Chips  Beef & Cheese Quesadilla <b>FEATURED VEGGIES</b> Lemon-Parmesan Broccoli Cucumbers		
<div>bravo!</div>										
12  Spaghetti with Homemade Meatballs & Breadstick  Toasted Cheeseburger Flatbread <b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozzarella Salad		13  Nachos Grande with Yogurt Cumin Crème  Chicken, Bacon, Ranch Wrap <b>FEATURED VEGGIES</b> Ranch Refried Bean Dip Fresh Pico de Gallo		14  Chicken & Waffles  Hawaiian Pork Sandwich on Toasted Ciabatta <b>FEATURED VEGGIES</b> Mashed Potatoes Spinach Salad		15  Stromboli w/Sauce  Italian Sausage <b>FEATURED VEGGIES</b> Cheesy Broccoli Tomato Mozzarella Salad		16  Buffalo Chicken Flatbread  Beef Taco <b>FEATURED VEGGIES</b> French Fries Fresh Broccoli		
<div>bravo!</div>										
19  Penne Pasta Bake  Ham & Cheese Croissant  <b>FEATURED VEGGIES</b> Steamed Peas Cherry Tomatoes		20  BBQ Chicken, Bacon & Cheddar Flatbread  Pizza Burger <b>FEATURED VEGGIES</b> Chicken Noodle Soup Baby Carrots		21  Mashed Potato Bowl w/Breadstick  Turkey Ranch Wrap <b>FEATURED VEGGIES</b> Mashed Potatoes Fresh Cauliflower		22  Toasted Cheese  Corn Dog <b>FEATURED VEGGIES</b> Tomato Soup Fresh Cucumbers		23  Buffalo Chicken Cheesesteak Sub  Italian Toaster Sandwich <b>FEATURED VEGGIES</b> Au Gratin Potatoes Cilantro Lime Slaw		
<div>bravo!</div>										
26  Chicken Alfredo w/Breadstick  Cheeseburger <b>FEATURED VEGGIES</b> Steamed Peas Carrot Sticks		27  Walking Taco  Cheesy Garlic & Chicken Wrap <b>FEATURED VEGGIES</b> Seasoned Rice Tossed Salad		28  Hot Pork Sandwich w/Gravy  BBQ Ribby Sandwich <b>FEATURED VEGGIES</b> Mashed Potatoes Chickpea Salad		29  Buffalo Chicken over French Fries  Turkey Club <b>FEATURED VEGGIES</b> French Fries Coleslaw		30  Buffalo Chicken Flatbread  Italian Dunkers with Marinara <b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozzarella Salad		
<div>MUASD</div> <div>Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com</div> <div>Meal Prices</div> <div>Student Lunch      FREE Extra Lunch        \$3.00 Faculty Lunch      \$4.85</div> <div></div> <div></div>										



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

